

Parents, Teens and Boundaries

Hosted by Marianna Poutasse and Rachel Beckwith

Tuesday, January 13

Notes from the morning's discussion:

- Don't talk about issues in the heat of battle. Come back to discuss when things are calm.
- Try asking your child what he/she thinks the repercussions should be.
- Parents have to get used to the idea that they are no longer able to control their teen's environment as they did when the child was younger.
- After age 10, we need to realize that they are becoming independent.
- Try to keep the dialogue open.
- Responsibility: how much to give, when to give it and what is the appropriate amount.
- Build trust early with your kids. As they get older slowly give them more responsibility.
- A goal to keep in mind: by the time they leave home, they are independent. They can cook, clean, do laundry, are responsible for their own hygiene, etc.
- You don't want to prepare the path for your child, you want to prepare your child for the path.
- Share your vulnerabilities with your kids. This creates an open dialogue and share experiences.
- There seems to be a real fear of the internet for parents because kids seem to know so much more about it than we do.
- Gaming creates concerning addictive behavior with some kids.
- Children seem edgy after using their devices. They go through withdrawal after being removed from the stimulation.
- It is very important to be checking their devices and that the kids know you are checking their devices.
- The dangers of exposing kids to unrealistic relationship behaviors and objectifying women via internet porn.
- Kids need to be discerning users of the internet and questioning their sources.
- Dangers of the permanence of the internet - all text, email and online interactions are traceable.
- Although conflict is uncomfortable, trust the process and know that this is sometimes how they need to learn.
- Kids should be aware that the internet gaming companies are trying to get them addicted.